

June Wellness Challenge

Remember to track your progress on your Living Well Tracking Sheet!



good vibes only

The Be Positive Challenge invites you to stop complaining for 30 days. For some, this may seem impossible. You may feel like you can't say anything. Your mind might be filled with complaints that seem completely valid to release. Don't be discouraged. Tackle these thoughts one at a time. You'll eventually conquer this habit. Until you do, when you slip, restate the complaint as a positive thought and call it progress.

The world we live in is a reflection of our own energy. When we give out positive thoughts instead of complaints, we find that the world around us becomes a more pleasant, enjoyable place to live in. This alone is good for our health and well being. What's more, when we exude a positive attitude, we attract people instead of repelling them—making it a better and healthier experience for all of us. Think of the people you enjoy spending time with most—chances are they have a positive outlook on life.